

Some psychological skills or "mental skills" increase performance. Each athlete has his or her own preferences in performance techniques. Their use also evolves over the course of a career. There are no right or wrong answers. This questionnaire will help you identify areas for improvement.

For each of the following 18 propositions, note your degree of agreement(7) or disagreement(1).

<p style="text-align: center;">UMSAT-6</p> <p style="text-align: center;">Strongly disagree(1); Disagree(2); Not really disagree(3); Neither yes nor no(4); Somewhat agree(5); Agree(6); Strongly agree(7); Circle only one number per sentence. Do not spend too much time on any one statement.</p>	Strongly disagree	Disagree	Not really disagree	Neither yes nor no	Somewhat agree	Agree	Strongly agree
1. I can maintain my concentration throughout a training session or competition.	1	2	3	4	5	6	7
2. I can easily increase my activation level if necessary (even when tired).	1	2	3	4	5	6	7
3. I can easily create images in my head (technical gestures or game situations).	1	2	3	4	5	6	7
4. I organize my training sessions with achievable objectives of progressive difficulty.	1	2	3	4	5	6	7
5. During competition, I can easily release muscular tension (before or after a technical move for example).	1	2	3	4	5	6	7
6. Before or during a competition, I feel my body tense, my hands sweaty and/or my stomach heavy.	1	2	3	4	5	6	7
7. During training or competition, I sometimes focus on a mistake or an unexpected event and lose my automatisms.	1	2	3	4	5	6	7
8. I know the sensations and/or mindset that correspond to my optimal activation level.	1	2	3	4	5	6	7
9. Before or during an event, I often worry about the consequences of poor results or imperfect actions.	1	2	3	4	5	6	7
10. My mental visualizations are daily or planned.	1	2	3	4	5	6	7
11. I can easily adapt my training if I feel persistent fatigue (>72 hours).	1	2	3	4	5	6	7
12. After the competition, I can relax my body, eat and/or fall asleep in the evening.	1	2	3	4	5	6	7
13. I have difficulty re-engaging my focus after a distraction or unexpected event.	1	2	3	4	5	6	7
14. I can increase or decrease my level of activation depending on the needs or times of a competition.	1	2	3	4	5	6	7
15. I find that my feelings and/or thoughts are very different in competition than in training.	1	2	3	4	5	6	7
16. To relax, I let my mind wander to pleasant memories or do things away from my sport.	1	2	3	4	5	6	7
17. I talk to myself (self-talk) to regulate my stress, my concentration and/or my motivation.	1	2	3	4	5	6	7
18. I plan a series of things to do or think about before or during a competition.	1	2	3	4	5	6	7

UMSAT-6 Mental Skills

The following questions are optional.
They do not affect the score of the different skills.

What is your primary sport?

Level of practice (circle one) : International/ National / Regional / Departmental / Recreational

How many years have you been practicing this discipline?

How many hours of training per week?

Put a cross to place you between these two extremes:

1. In your opinion, how important is mental training in improving the performance of an athlete in all disciplines ?

No interest

Capital

2. In your eyes, how important is mental training in your discipline ?

No importance

Capital

3. This past year, what proportion of your technical errors do you attribute directly to the mind (excessive anxiety, loss of concentration, negative thoughts etc.) ?

None

All

NAME/ID :

Test date:




Born :

Male

Female

Results (UMSAT6[®])

You can save this pdf under a new file name (.pdf format) to keep your answers and/or to transmit them to a trusted third party.

Cognitive Skills <i>Habiletés Cognitives</i>	Central Executive Network (CEN) 
Focus/Refocus : (1+7+13) Concentration	_____
Imagery : (3+10+17) Imagerie	_____
Goals setting : (4+11+18) Planification	_____
Affective Skills <i>Habiletés Psychosomatiques</i>	Saliency Network (SN) 
Energising : (2+8+14) Activation	_____
Competitive Anxiety : (6+9+15) Anxiété précompétitive	_____
Recovery Skills <i>Habiletés de Récupération</i>	Default Mode Network (DMN) 
Recovery : (5+12+16) Récupération	_____

References :

-HUYGHE Lydie, 2022. Development of the Unified Mental Skills Assessment Tool (UMSAT6): a self-administered questionnaire on mental skills.

<https://institutneurosport.com/umsat6-development-notice-us.pdf>